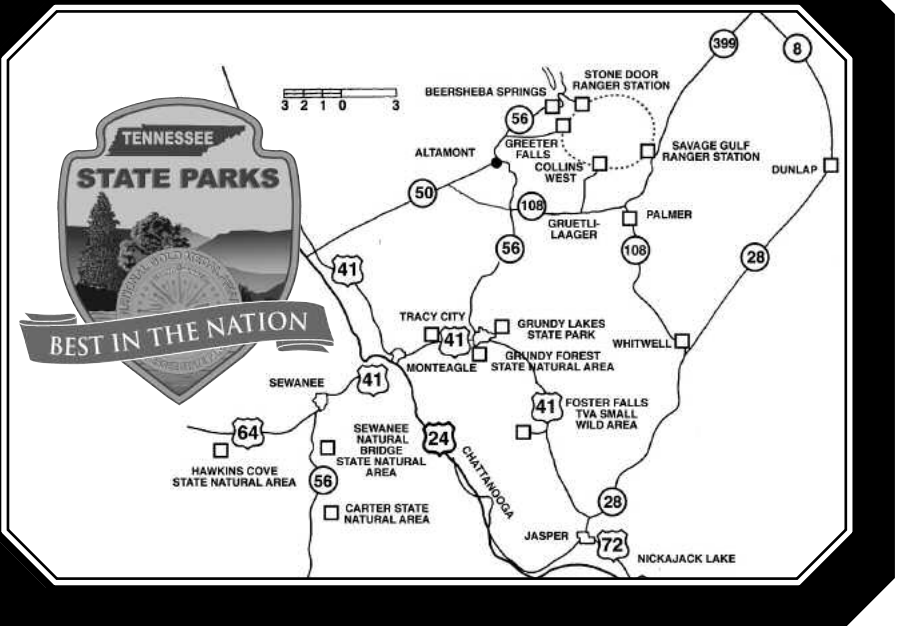


FIERY GIZZARD
And
BUGGYTOP
TRAIL MAPS
SOUTH CUMBERLAND
RECREATION AREA



GRUNDY FOREST DAY LOOP

General Description: The first mile of this trail is very easy terrain since it traverses the flat plateau top. The second mile traverses the head of the gorge and is considered moderate. The last half-mile is the same as the first half-mile of the main Fiery Gizzard Trail; the trails join {or separate} at the bridge. This trail makes an excellent introduction to the whole South Cumberland Trail System since it contains a wide diversity of beautiful scenery.

- Trail Details:
- 0.0 Trail begins to right of Grundy Forest State Natural Area Picnic Shelter.
- 0.1 School Branch - 20' waterfall downstream to left.
- 0.6 Site of Civilian Conservation Corps Camp S-67: building foundations, pits, and the old entrance road can be found to the right.
- 0.9 Trail turns left and descends to Big Fiery Gizzard Creek.
- 1.0 Swimming hole - no falls.
- 1.1 Hanes Hole Falls and plunge pool - pool is less than 6' deep.
- 1.2 Junction of Little and Big Fiery Gizzard Creeks is seen below trail to right.
- 1.3 Bridge across Little Fiery Gizzard Creek: Main Fiery Gizzard Trail crosses bridge - Day Loop goes left.
- 1.5 Blue Hole Falls and plunge pool.
- 1.6 Second crossing of School Branch - 20' waterfall upstream.
- 1.8 Cave Spring Rockhouse with Hemlock Tree over 500 years old
- 2.0 Overlook directly above Cave Spring - Picnic Shelter and Trailhead just to the right.

DOG HOLE TRAIL

General Description: Beginning in the gorge beside Fiery Gizzard Creek, the trail immediately climbs to the bottom of a tall sandstone bluff where an old dog hole coal mine is located. From the mine, the trail climbs on out of the gorge to the eastern rim. The East Tennessee Natural Gas pipeline is crossed twice within the first half-mile, presenting a nice view of the bluffs above Sycamore Falls. Following the east rim of the gorge, the trail traverses the east plateau top to Raven Point Campsite.

- Trail Details:
- 0.0 Trail begins 1.5 miles from the Grundy Forest Picnic Shelter on the main Fiery Gizzard Trail .1 mile past the Sycamore Falls Spur Trail.
- 0.1 Old Dog Hole Mine.
- 0.2 Pipeline crossing #1.
- 0.3 Pipeline crossing #2.
- 1.2 Spur trail to left is access to Yellow Pine Cascade.
- 1.6 Werner Bluff.
- 1.7 Trail passes site of Old Sam Werner Farm to left - NO TRESPASSING!
- 1.9 Spur trail to right leads to Werner Point Overlook.
- 2.5 Flat Rock Overlooks to right of trail.
- 2.8 End of Dog Hole Trail - Raven Point Campsite to left, main Fiery Gizzard Trail straight ahead and to right. Raven Point Overlook is a half-mile to right.

CLIMBER'S LOOP

Trail leads south from the Foster Falls Overlook along the power line and then down the side of the bluff to the pool below the falls. The trail then continues west below the bluff line for about one mile. Hikers can return to the top of the bluff at either exit one or two and walk east on the Fiery Gizzard Trail to loop back to Foster Falls.

FIERY GIZZARD TRAIL

General Description: This trail is perhaps one of the most diverse and beautiful in Tennessee. The section which starts at the Grundy Forest Natural Area Picnic Shelter and climbs the plateau to Raven Point is possibly one of the most rugged and difficult trails in Tennessee. The terrain in the gorge is steep and extremely rocky. The millions of rocks you must step on or across all seem to move as you step on them, making the footing very precarious.

The section from Raven Point to Foster Falls is a completely different sort of experience. A full 90% of this section is on the easy terrain of gentle slopes and flatness on top of the Cumberland Plateau. An exception to this is the 10% which crosses Laurel Branch Gorge. The trail drops precipitously into this 200'-deep tributary of Little Gizzard Creek and climbs very steeply out after fording the rocky stream.

- Trail Detail:
- 0.0 Trail begins to left of Grundy Forest Picnic Shelter.
- 0.2 Large rock shelter - Cave Spring "springs" are located at back of shelter. A 500+-year-old Hemlock tree stands just outside shelter.
- 0.5 Blue Hole Falls and swimming hole - falls is 9' high, pool is 7' deep. Foundation of old Civilian Conservation Corps pump house is on trail above pool.
- 0.7 Bridge. Main overnight trail crosses bridge. Grundy Forest Day Loop Trail continues to right.
- 0.9 Little and Big Fiery Gizzard Creeks merge and cut a cascade. This feature is known as the Black Canyon because of the organic stain on the rocks.
- 1.2 Chimney Rock - a 20'+ column of rock, is visible to the right.
- 1.3 Trail to right leads to top of Sycamore Falls. This 12' high waterfall has a gorgeous setting and superb swimming hole.
- 1.5 Dog Hole Trail begins to left.
- 2.0 The Fruit Bowl is a pile of house-size boulders with a stairway leading down them.
- 2.1 Trail enters private property.
- 2.4 Crumbling Bluff to left is honeycombed with pits and small caves.
- 2.6 Small falls below to right and cave above trail to left with a spring inside.
- 3.7 Trail begins arduous climb to Raven Point.
- 4.4 Raven Point Trail leads right to spectacular overlook in 0.4 mi.-main trail turns left.
- 4.9 Anderson Creek Ford {called McAlloyd Branch on topo maps}. The double-drop 80' Anderson Falls is just downstream.
- 5.0 Corny Pasture to Left.
- 5.5 Ford - Perpendicular Creek.
- 5.6 Hemlock View to right on short spur trail.
- 6.6 Old moonshine still at the base of a small waterfall.
- 9.7 Start of steep descent into Laurel Branch Gorge.
- 9.9 Laurel Branch, bottom of gorge.
- 10.0 Top of steep ascent out of Laurel Gorge.
- 10.1 Laurel Gorge Overlook to right.
- 10.3 Small Wild Camping area to left, Small Wild Overlook to right.
- 10.4 Leave TVA property, enter logged area.
- 10.7 Small stream with breathtaking overlook.
- 11.2 Saddle Horn Rock and overlook to right.
- 11.8 Lichen Rock Overlook to right, view into gorge of Little Gizzard Creek - tributary of Fiery Gizzard Creek.
- 11.9 Enter Foster Falls TVA Small Wild Area.
- 12.0 Foster Falls Overlook - pool is 120' below.
- 12.1 Boy Scout Camp to left.
- 12.3 Steel bridge across Little Gizzard Creek.
- 12.4 Stone wall directly above Foster Falls.
- 12.5 Trailhead, Foster Falls Parking Lot.

CARTER STATE NATURAL AREA

Donated to the Tennessee Department of Environment and Conservation in 1976, the Carter Natural Area covers 140 acres and protects the geologically significant feature - Lost Cove Cave. The following description is from the book Caves of Tennessee, by Thomas Barr, Jr.

"The entrance {Buggytop Cave} to Lost Cove Cave is one of the most impressive cave mouths in the state. It is 100 feet wide and 80 feet high and opens at the base of an overhanging bluff 150 feet high. The cave stream cascades down from the mouth and drops 40 feet in less than 100 yards. A cold draft of air blows from the cave in summer and can be felt in the creek valley nearly half a mile from the entrance.

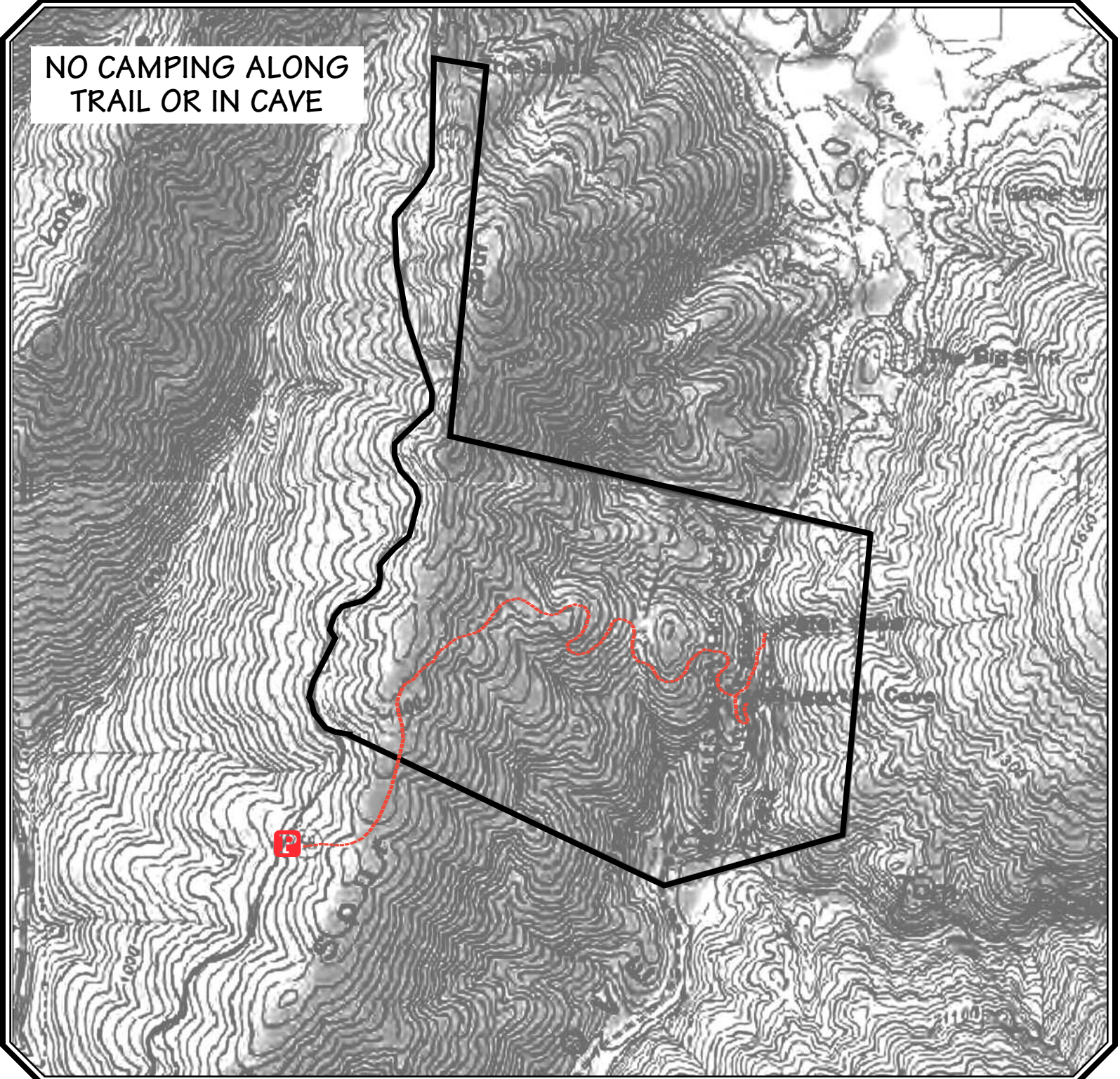
From the main entrance, the cave extends N. 30 degrees, E. for 375 feet through a break-down-stream passage 60 feet wide and 40 feet high. A second, higher entrance is developed on the east side of the passage here. A rimstone-filled side passage extends N. 80 degrees, W. for 175 feet opposite this second entrance and has a narrow branch which extends much farther. The cave continues for another 600 feet northward along the stream to a large breakdown, over which the explorer must climb. From the top of this climb one views the largest single chamber in the cave, a huge, sand-floored room 200 feet wide and 300 feet long, with the stream flowing through the middle. An opening at the east side of this room leads out via the Peter Cave entrance. Thus, the cave has three entrances.

From this large room to the point where the cave ends in breakdown 2,200 feet from the mouth, it is necessary to climb up and down over large rocks and wade through the stream in order to traverse the remainder of the cave. At this point, the cave crosses under the saddle between Crow Creek Valley and Lost Cove, and breakdown is extensive. The stream has cut down along its left side and a steeply sloping pile of breakdown on its right. The cave stream is undoubtedly the same one that sinks in the floor of Lost Cove at the Big Sinks."

The cave environment is very sensitive. Visitors who choose to explore the cave should be very careful not to disturb any of the formations or small animals that may be seen. Rare and endangered species of salamanders and bats are found in the cave. All species of plants and animals within the Carter Natural Area are protected by law, and there are penalties for disturbance or removal. If you are lucky enough to find wildlife or a beautiful wildflower, leave them for other visitors to enjoy. In this way, hikers can be allowed to appreciate them for generations to come.



NO CAMPING ALONG
TRAIL OR IN CAVE



BUGGYTOP TRAIL

LEGEND

BUGGYTOP
TRAIL



PARKING

MILEAGE
2 Miles

SCALE
1 INCH = 1000 Feet

General Description: This trail is the only public access to the Carter State Natural Area. Beginning beside state HWY 56, it climbs to the top of Spur Ridge, turns north, then follows the top of the ridge for 3/4 mile, then descends into Lost Cove. The descent starts at 1420' and ends at 800' for a total of 620'.

The terrain is rocky but could be very slippery and muddy after rains. The trail divides at the top of a 150' limestone bluff with the right fork descending steeply to the Buggytop entrance and the left fork leading to other entrances over more moderate terrain.

Trail Details:

- 0.0 Trail begins at pull-off parking lot off Hwy. 56.
- 0.1 Top of Spur Ridge.
- 0.2 Big Sinkhole to right.
- 0.7 Sign-up booth with trail maps.
- 0.8 Usually dry streambed with clamshell-shaped limestone outcrops to the right of trail. Sandstone boulders above a sinkhole.
- 1.0 "Face-shaped" formation at bottom of low bluff to left of trail.
- 1.6 Old Lost Cove-Sherwood Road - just past road crossing is top of 150' bluff and trail split. Right fork descends to the Buggytop entrance. The left fork leads to the Sinkhouse entrance and Buggytop overlook.
- 2.0 Lost Cove Cave.

USE OF SOUTH CUMBERLAND TRAILS

Hiking: Enjoy yourself, but remember to protect the trail features and the rights of other visitors. Take pride in knowing that no one could tell you have used the trail after your visit. If you see something on the trail that needs repair, please inform the Visitor Center or a Ranger.

Camping: Campers must use designated sites only. A camping permit is required and can be obtained at the trailheads. The permit instructions must be followed, and it must be completely filled out. You should leave your campsite in such a condition that no one could tell you have camped there. Cutting of live vegetation, littering, trenching, piling of rocks, and other activities that detract from the natural beauty are, of course, prohibited.

Water: Water is available from springs and streams, except in dry periods. This water must be treated to make it safe for consumption.

Sanitation: Primitive toilets are available at the designated campsites.

Fire: All open fires are prohibited along the trails and at the Raven Point Campsite. This campsite is operated on a stove-only basis. Campfires are permitted at the Small Wild Campsite, except in very dry conditions.

Plants and Animals: The collection of plants and animals along the trail is prohibited by state law. Berries, nuts, and other fruits may be picked in season.

BACKCOUNTRY SAFETY

Visitors to Buggytop Cave should take special care to provide for all cave trips, and never explore the cave alone. Wear protective clothing and a helmet. Always let someone know where you are going and when you plan to return.

Beginners are encouraged to contact the Visitors Center to arrange for a ranger to accompany their group and interpret the cave environment. Remember, safety comes first when planning a rewarding backcountry outing.

Hunting: During late November, December, and early January, big game hunting is allowed on the private property which portions of the trails traverse. Hikers during this period should wear 500 sq. in. of blaze orange and hike with caution.

Litter: The trails are operated on a carry-in, carry-out trash policy. All disposable items that you carry onto the trail should be packed out. If anyone before you has been careless enough to leave litter along the trail, you are encouraged to carry it out.

Motor Vehicles: Motorized vehicles, both two- and four-wheeled, are prohibited on area trails. Horses, bicycles, and pack stock are also prohibited on hiking trails.

Other Rules: Firearms, fireworks, axes, hatchets, alcoholic beverages, and drugs are not allowed on the park area or trails. Dogs and other pets must be kept on a leash at all times.

SOUTH CUMBERLAND VISITOR CENTER

The South Cumberland Recreation Area is a group of 10 separate park areas managed as a single park. Totalling over 16,000 total acreage, the units are located throughout a 100-square-mile region within Grundy, Sequatchie, Franklin, and Marion counties. The park headquarters and Visitor Center is located on U.S. 41 between Monteagle and Tracy City just 4 miles from Interstate 24.

A monthly schedule of free public programs and guided hikes is provided by park staff and volunteers. A copy of the schedule can be obtained at the Visitor Center. Anyone interested in helping maintain the trail system or other volunteer activity with the park is encouraged to contact the park office.

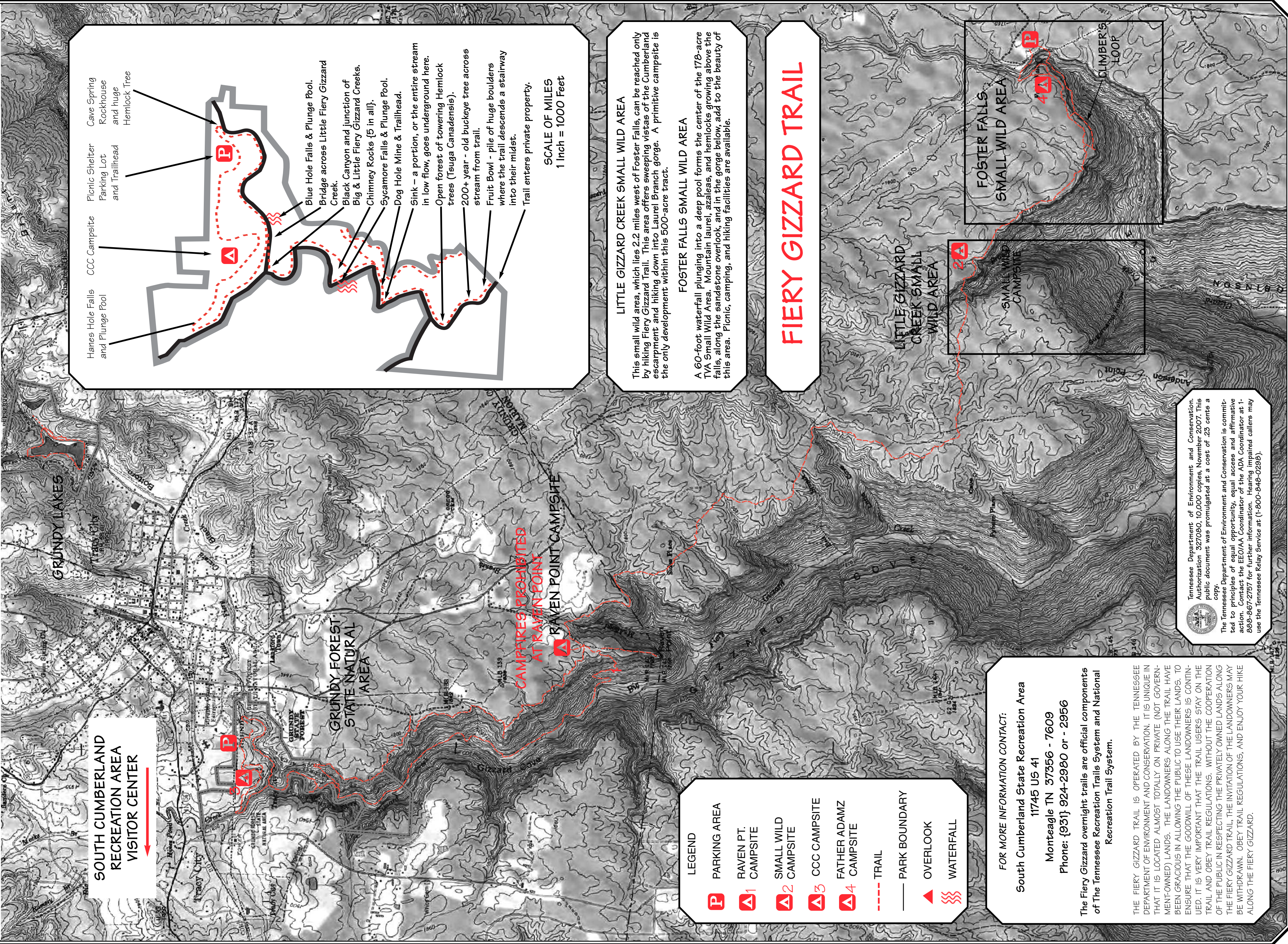
GRUNDY LAKES STATE PARK

Grundy Lakes was donated to the State of Tennessee in the 1930's for a Civilian Conservation Corps recreation project. Famous for its mines, prison labor, revolts, and the Lone Rock Coke Ovens, the whole area is on the National Historic Register. The Lone Rock Trail winds through woods, around the main lake, and leads you alongside the coke ovens. This trail has much scenic beauty in addition to its historic sites. Total length of the trail is approximately 1.3 miles, but many shorter walks are possible since it crosses several picnic areas and has numerous road crossings.

GRUNDY FOREST STATE NATURAL AREA

This 233-acre natural area was donated by a group of local citizens in Tracy City who acquired it by subscription in 1935. The group asked that the tract become a state forest suitable for accommodating Civilian Conservation Corps Camp S-67. A trail was built down to the Fruit Bowl, and a picnic shelter was constructed by 1937. The area soon became one of the most popular scenic attractions of the region.

SOUTH CUMBERLAND RECREATION AREA VISITOR CENTER



LEGEND

- PARKING AREA
- RAVEN PT. CAMPSITE
- SMALL WILD CAMPSITE
- CCC CAMPSITE
- FATHER ADAMZ CAMPSITE
- TRAIL
- PARK BOUNDARY
- OVERLOOK
- WATERFALL

FOR MORE INFORMATION CONTACT:

South Cumberland State Recreation Area
11745 US 41
Monteagle TN 37356 - 7609
Phone: {931} 924-2980 or - 2956

The Fieri Gizzard overnight trails are official components of The Tennessee Recreation Trails System and National Recreation Trail System.

THE FIERI GIZZARD TRAIL IS OPERATED BY THE TENNESSEE DEPARTMENT OF ENVIRONMENT AND CONSERVATION. IT IS UNIQUE IN THAT IT IS LOCATED ALMOST TOTALLY ON PRIVATE (NOT GOVERNMENT-OWNED) LANDS. THE LANDOWNERS ALONG THE TRAIL HAVE BEEN GRACIOUS IN ALLOWING THE PUBLIC TO USE THEIR LANDS. TO ENSURE THAT THE GOODWILL OF THESE LANDOWNERS IS CONTINUED, IT IS VERY IMPORTANT THAT THE TRAIL USERS STAY ON THE TRAIL AND OBEY TRAIL REGULATIONS. WITHOUT THE COOPERATION OF THE PUBLIC IN RESPECTING THE PRIVATELY OWNED LANDS ALONG THE FIERI GIZZARD TRAIL, THE INVITATION OF THE LANDOWNERS MAY BE WITHDRAWN. OBEY TRAIL REGULATIONS, AND ENJOY YOUR HIKE ALONG THE FIERI GIZZARD.

Tennessee Department of Environment and Conservation.
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Hanes Hole Falls and Plunge Pool

CCC Campsite

Picnic Shelter, Parking Lot and Trailhead

Cave Spring, Rockhouse and huge Hemlock Tree

Blue Hole Falls & Plunge Pool.

Bridge across Little Fieri Gizzard Creek.

Black Canyon and junction of Big & Little Fieri Gizzard Creeks.

Chimney Rocks {5 in all}.

Sycamore Falls & Plunge Pool.

Dog Hole Mine & Trailhead.

Sink - a portion, or the entire stream in low flow, goes underground here.

Open forest of towering Hemlock trees (Tauga Canadensis).

200+ year - old buckeye tree across stream from trail.

Fruit Bowl - pile of huge boulders where the trail descends a stairway into their midst.

Trail enters private property.

SCALE OF MILES
1 Inch = 1000 Feet

LITTLE GIZZARD CREEK SMALL WILD AREA

This small wild area, which lies 2.2 miles west of Foster Falls, can be reached only by hiking Fieri Gizzard Trail. This area offers sweeping vistas of the Cumberland escarpment and hiking down into Laurel Branch gorge. A primitive campsite is the only development within this 500-acre tract.

FOSTER FALLS SMALL WILD AREA

A 60-foot waterfall plunging into a deep pool forms the center of the 178-acre Fieri Small Wild Area. Mountain laurel, azaleas, and hemlocks growing above the falls, along the sandstone overlook, and in the gorge below, add to the beauty of this area. Picnic, camping, and hiking facilities are available.

FIERY GIZZARD TRAIL

LITTLE GIZZARD CREEK SMALL WILD AREA

FOSTER FALLS SMALL WILD AREA

CLIMBER'S LOOP